

# This Month in Campus Ministry January/February 1998

**PRISON VISIT PROGRAMME:** A dialogue between students and inmates at the Federal Training Centre. This eight week programme takes place on Monday nights from 7-9 pm. An orientation session will be held on Monday, Jan 26 at 3:00 pm, in SGW Annex Z - 105. Visits also begin on Jan 26. For more information contact Matti Terho (848-3590) or Peter Côté (848-3586)

**MOTHER HUBBARD'S CUPBOARD:** *Monday Night Meals* This semester Mother Hubbard, in conjunction with Campus Ministry and the *Peer Helpers*, will continue to serve-up a healthy and hearty vegetarian supper each Monday night at Annex Z. The meal will be served from 5-7 pm. The suggested donation is \$1. It is open to Concordia students and their families or roommates. Volunteers are needed to help with the meals and related activities. Contact Daryl Lynn Ross (848-3585).

**OKA RETREAT:** Join us and experience the monastic rhythm of prayer and worship. Enter an oasis of peace and tranquility; have the opportunity to enjoy quiet walks, conversation and space. Meet others who want to explore the spiritual dimension of their life. Feb. 20-22. Peter Côté (848-3586), Daryl Ross (848-3585), David Eley, S.J. (848-3587)

**MINDFULNESS MEDITATION: BEING PEACE:** Relaxing, Centering & Concentrating. Attuning to body-mind-spirit. Beginners are always welcome, instructions given at each session. Call Daryl Lynn Ross (848-3585) for more information. Wednesdays, 12 – 1 p.m., SGW Annex Z, Room 105 (Beginning Jan 28); Thursdays at noon, at Belmore House, Loyola -WF (Beginning Jan 29th).

**BIBLE STUDY GROUP WITH David Eley, S.J.** Beginning on Wednesday, January 28 at 4:30 pm in Belmore House (L-WF 100-10 – 2496 West Broadway). Study, discuss, share and enjoy; An opportunity to delve into the wonder, mystery and beauty of the Word of God. For more info: David Eley, S.J., 848-3587

**MULTI-FAITH DIALOGUE:** A brown bag lunch meeting designed to answer questions, share experiences and foster dialogue between the many faiths on Campus and in our city. Thursdays at noon in the T Annex [SGW-2030 Mackay], beginning Feb. 5. For more information contact Matti Terho (848-3590).

**OUTREACH EXPERIENCE** is an opportunity to make a difference, to discover new skills and talents and to get involved. Participants will be invited to volunteer their time to work with children, teens, the elderly, the poor or the sick. The commitment required depends on your interests, availability and desired depth of involvement. For information call Michelina Bertone S.S.A (848-3591).

**FOCUSING: THE INWARD CONNECTION – A STEP TO FREEDOM:** A seven session workshop designed to explore the FOCUSING process/ technique. Learn to get in touch with your body's inherent wisdom, creativity and self healing, beginning Wednesday, Feb. 5, 1:30 - 3 pm, Annex Z, room 105. For information: Michelina Bertone, SSA. (848-3591)

**A HEALING JOURNEY THROUGH THE EIGHT STAGES OF LIFE** (E. ERIKSON) An eight session workshop designed to explore Erikson's stages of human development to open yourself to God's loving and healing touch. The workshop will assist you in recognizing your gifts as well as in healing the hurts that continue to block your growth and development. Drawing from positive memories and experiences, and healing negative ones will empower you to grow in the ability to give and receive love. Beginning Tuesday, Feb. 4, from noon to 1:30, in Annex Z room 105. For more info: Michelina Bertone, SSA.(848-3591)

**BODY PRAYER & GUIDED MEDITATION WITH GOD'S WORD:** An opportunity to nurture your creative self in a holistic way, experience the sacred through body movement, meditation with God's Word music, art and more. Beginning Friday, Feb. 6, noon to 1 pm, Annex Z, room 105. For information: Michelina Bertone, SSA. (848-3591)

The programmes and services of Campus Ministry are open to all members of the Concordia community, of any faith, or even of no particular faith. We are here for you. Why not drop in and visit us. See what Campus Ministry can mean to you, and how we can enrich your time at Concordia.

## Our Offices are located at:

Loyola – Belmoe House [Annex WF] 2496 West Broadway  
SirGeorge – Annex Z 2090 MacKay

Our Website is: [http://relish.concordia.ca/Advocacy\\_Support\\_Services/campus.html](http://relish.concordia.ca/Advocacy_Support_Services/campus.html)

